## ABSTRACT OF THE DISCLOSURE

A programmable timer circuit that can be connected directly to the fan switch of any thermostat with a forced air heating and/or cooling system that includes a blower fan for circulating air throughout the home. A programmable timer circuit that can be connected directly to any thermostat used in a hot-water heated home with a boiler and pump for circulating hot water through the heating system. The timer can be installed with no modifications to the existing wiring and has interchangeable leads to make installation quick and easy. The present invention increases the efficiency of the heating/cooling system, and in homes with auxiliary heat sources, circulates the warm air throughout the home to increase comfort levels. The present invention is programmable with a single button. A method of circulating hot air and/or hot water throughout a home using the timer device of the present invention.